



Gearing Up For Your Transitions

Sports & Recreation Organizations in the U.S. For Individuals with Disabilities

[Special Olympics- Delaware](#)

Giving today's students an opportunity to train and compete in over 20 sports.

[Recreation Unlimited](#)

Recreation Unlimited offers both day and residential summer type camps. Camps include adaptive sports, swimming, horseback riding, arts and crafts, nature studies and more! See web site for more details.

[The Between Friends Club](#)

is offered exclusively to youth with disabilities. Their camps include a variety of day programs that range from adventure's rock climbing to relaxing at the movies. The age of campers is broken down into categories 5 years old being the youngest and 30 being the oldest.

[Talisman Summer Camp](#)

As seen on Dr. Phil, 20/20, Good Morning America and U.S. News & World Report. Offered for youth with learning, ADD, ADHD, autistic disabilities. There are a variety of different camps such as outdoor adventures that include hiking, water rafting, and backpacking. There are also teambuilding, self-esteem, and recreational type activities depending on the week you chose.

[American Association of Adaptive Sports Programs](#)

Serves to enhance the health, independence and future economic self-sufficiency of youth with physical disabilities through a national sports movement.

[Access Sports America](#)

Offers high challenge water sports for people with disabilities such as surfing, kayaking, windsurfing, outrigger canoeing, sculling/rowing, and stand up paddling. Also gives lessons in tennis, cycling and soccer.

[Ability Plus](#)

Has information about adaptive sports such as skiing and snowboarding and recreation for people with disabilities in the Northeast United States.

[PATH INTERNATIONAL](#)

Professional Association of Therapeutic Horsemanship International (PATH Intl.), a federally-registered 501(c3) nonprofit, was formed in 1969 as the North American Riding for the Handicapped Association to promote [equine-assisted activities and therapies](#) (EAAT) for individuals with special needs. With more than 4,200 certified instructors and equine specialists and nearly 850 member centers around the globe, more than 7,400 PATH Intl. members help

56,000 children and adults with physical, mental and emotional challenges find strength and independence through the power of the horse each year. In addition to [therapeutic riding](#), our centers offer a number of therapeutic equine-related activities, including [hippotherapy](#), [equine-facilitated mental health](#), [driving](#), [interactive vaulting](#), competition, ground work and stable management. More recently, programs offer services in human growth and development to serve wide-ranging audiences for such educational purposes as leadership training, team building and other human capacity enhancement skills for the workplace and for daily use. [Click here to find a center near you.](#)

[US Deaf Swimmers Association](#)

Non-profit supporting America's best deaf swimmers.

[US Association of Blind Athletes](#)

Works to change attitudes about the abilities of blind and visually impaired people.

[Wheelchair Sports USA](#)

Organizes annual, national championships, competitions and world championships. It is organized into 14 regional associations each develops wheelchair sports programs and qualifying meets for the national Wheelchair Games.

[The National Wheelchair Basketball Association](#)

NWBA has 181 teams in 22 conferences. It has men's, women's, intercollegiate and youth teams in the US and Canada.

[US Deaf Ski and Snowboard Association](#)

A non-profit recreational and competitive organization of deaf skiers and snowboarders. The site includes a calendar of events, list of resorts and trips.

[Disabled Sports USA](#)

Providing adaptive adult sports opportunities for people with disabilities to develop independence, confidence and fitness through sports.

[Dwarf Athletic Association of America](#)

Promotes and provide quality amateur level athletic competition opportunities for dwarf athletes in the United States. DAAA athletes compete in track & field athletics, basketball, boccia, swimming, table tennis, badminton, volleyball and soccer.

[Cerebral Palsy International Sport and Recreation Association \(CPISRA\)](#)

Creating a world where people with cerebral palsy or a related neurological condition can have the opportunity to participate in the sport and recreational activity of their choice.

[Down Syndrome international Swimming Organization](#)

Providing opportunities to swimmers with Down syndrome to compete at an international level.

[International Wheelchair and Amputee Sports Federation](#)

Founder of the original Paralympic games in 1952.